



November 19, 2025



A note from Mr. Schmitz....

Dear SJA Parents and Families,

It seems like we had a little mishap with my referring to the basketball flyer last week, and the flyer not getting in the newsletter. Look for the flyer this week. I am sure Mrs. Jones will be able to use assistance with coaching and officiating.

As this will likely be the last newsletter before Thanksgiving, I wish you all a wonderful Thanksgiving Day celebration with family and loved ones. It is a great opportunity to quiet ourselves and give thanks for the many blessings we have, both the ones we tend to remember regularly, and the ones we can come to take for granted.

Speaking of which, I am going to have the blessing of visiting my daughter and son-in-law who live in Guatemala. My wife and I will be staying in Santiago Atitlan, and one of the things I expect to be able to enjoy while there, in addition to seeing them, will be to attend Mass in the parish church of Blessed Stanley Rother. Fr. Rother was martyred in his rectory in 1981, because he refused to leave the parish community he was serving while the country was embroiled in extreme political turmoil. I will be leaving on Thanksgiving Day, and will be out of school the week after. Mrs. Bauer will be at the helm while I am gone.

Next week, we will celebrate Grandparents and Special Friends Day on Tuesday, 11/25. That day we will have our weekly school Mass, followed by the First Trimester Awards, before returning to school. It is a half-day for students.

December will be a busy month for SJA, as well as for all of you, I am sure. Throughout the month, we will ask our students to be on the lookout to find one of the Three Kings, and will have a daily Jesse Tree reflection. Please let us know if your child is not permitted to have a treat to bring home if they find one of the Kings. I hope you are able to join us for the Christmas concert (12/11 @ 6:00). The Living Nativity will take place the following Thursday, 12/18 @ 2:15.

Again, Happy Thanksgiving to all of you, Mr. Schmitz







DATES TO REMEMBER

November 21- Report Cards

November 25- Grandparents & Special Friends day/ Trimester 1 awards/ 12:05 Dismissal NO aftercare

November 26- 28 - School closed for Thanksgiving break

December 4- School Wide dress down day for Candy sales

December 11- Christmas Program 6pm in Church

December 12- Jingle Bell Shop

December 19- PBIS House day/ Class parties 2pm

December 22 - January 2 - SCHOOL **CLOSED** For the holiday



APPLICATIONS

Applications for the 2026-2027 school are now open for **NEW** students! Help spread the word about SJA to prospective families. Parents and students are our best resources to give 1st hand experiences. Plus we have a referral program too! Make sure the prospective family lists you as the referral.

PBIS House Day

Our next house day will Monday, November 24th. Students are to wear their PE bottoms with their house color shirt and tennis shoes.

Parish Bulletins









Community Partners

Did you know we have a new page on our website? It's the Community Partners page! Discover the businesses run by SJA families and support our amazing community. Check it out today! https://stjoanarc.org/community-partners/

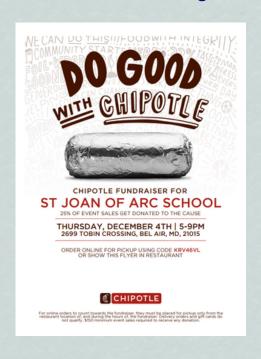
HSA Presents.....



Sign ups for Basketball



December RestaurantNight







Counselors Corner.....

As we head into a busy week with the HSPT test for 8th graders, awards, and the start of holiday plans, many of our students and parents may be feeling a mix of nerves and excitement. This is a normal time of year for stress to sneak in. Here are a few simple ways students and parents can maintain balance, stay grounded, and remain focused. Take it one step at a time, and create daily to-do lists, keep routines steady, consistent sleep, meals, and downtime make a big difference in how students and parents handle stress. Engaging in physical activity, such as taking a short walk, stretching, practicing yoga, or even watching a favorite show, helps ease tension. End the day by naming three good things each day, and sharing them with your family at the dinner table goes a long way. Gratitude is contagious! You got this, parents and students!

GRANT & AID 2026/2027

The 2026-2027 Grant & Aid Applications opened on October 1, 2025. You may access the application by clicking <u>here</u>.

Please be sure to submit your application early. The deadline is February 28, 2026—no exceptions.

FACTS now offers a dedicated phone line for applicants who need assistance with the Grant & Aid process. Their representatives are available to help with the application form, documentation, or any general questions: (866) 315-9262.





From Nurse Baer...

Here is a list of our Upcoming Service Projects.....

November- Food Drive to fill the Parish Pantry. This is a way we can help those in our community that need a little extra during this time. Every student that brings in \$5 or the equivalent to that in food will receive a "Pajama Day Pass" for a date in December. Our drive ends November 24th.

December- We will be sponsoring families in our community to help make their Christmas a little brighter. We are asking for Gift Card Donations in any amount from any vendor. Please send them to school marked 'Sunshine Committee'.

January/February- We will be collecting Mittens/Gloves and Socks to give to local charities. Sales are already starting! Shop now to save later!!

Your help in making these Service Projects a success is greatly appreciated! You may send items to school at any time marked 'Sunshine Committee." We couldn't do this without you!

Nurse's Notes.....

Cold and Flu Season is upon us. Please remember to get your Flu Shots! If your child is showing any symptoms: low grade fever, cough, stomach discomfort, please keep them at home to evaluate.

We seem to be having an increase in Gastrointestinal complaints with and without a fever and the usual cough and sore throats. If your child is having these complaints, please consider keeping them home for a day to eliminate the spread of germs in each classroom.

Please remember to include "attendance@stjoanarc.org" when emailing your child's teacher about lateness, absences or when they are leaving early.

We are seeing an increase in the use of Energy Drinks in our Middle School Population: I wanted to share some facts with you about the negative effects of these drinks. Students SHOULD NOT be bringing them to school.

The Handbook states:

"Children bring their lunches from home. Students eat lunches in the classroom. St. Joan of Arc encourages students to have a healthy, well-balanced lunch. No fast food lunches may be dropped off for students. Soda or other carbonated drinks are not permitted in school. Students may carry a water bottle during the day for WATER ONLY. They have access to a bottle filling station.

The <u>National Association of School Nurses (NASN)</u> views energy drinks with concern, especially for children and adolescents, citing their potential health risks like heart problems, anxiety, and sleep disturbances due to high levels of caffeine and other stimulants. The NASN warns that these risks are compounded in younger individuals whose recommended daily caffeine intake is lower and whose bodies are still developing.

Key concerns from the NASN

- High stimulant content: Energy drinks contain high doses of caffeine, taurine, and guarana, which can lead to serious health issues, particularly for adolescents.
- Cardiovascular risks: The stimulants can disrupt heart rhythms, raise blood pressure, and, in susceptible individuals, potentially trigger life-threatening cardiac events.
- Neurological effects: High caffeine intake can cause anxiety, insomnia, and other negative effects on the central
 nervous system. It has also been linked to a condition that narrows blood vessels in the brain, which can lead to
 stroke, says this Facebook post from the NASN.
- Risk for adolescents: The NASN highlights that the recommended daily caffeine limit for teens is only 100 mg, an amount that can be easily exceeded by one energy drink.





The Pastorate of St. Patrick and St. Joan of Arc

Bingo Lovers Unite! Please join us for a cash bingo event this Saturday, November 15th at St. Patrick's to support our pastorate Faith Formation and Youth Ministry activities! All middle and high schoolers are invited to volunteer from 4-9pm! Doors open at 4:30pm for community members and guests, and the games begin at 5:30pm!

Calling all Altar Servers, too! All Catholic students in grades four and higher who have received First Communion may be trained to serve at school and/or parish masses! Please email charlotte.snyder@archbalt.org for details!





"Rejoice in hope, be patient in tribulation, be constant in prayer."

— Romans 12:12